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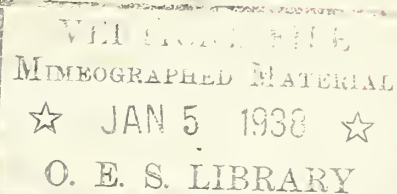
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Extension Service
U. S. Dept. of Agr.

3 SUGGESTIONS FOR THE GUIDANCE OF FOODS AND NUTRITION SPECIALISTS.

Suggested by
Miriam Birdseye, Extension Nutritionist



Study conditions, and keep on studying them.

1. Visit homes. Find out where the women and their families are in their practices, attitudes, skills, and limitations. Build on what they have.
2. Teach one or two local groups over a period of time, to get a line on problems and accomplishments of average club members.
3. Study agricultural and population census data, health and mortality statistics, economic and income data, home and farm management records, and records of school attendance. Confer with family doctors, pediatricians, teachers, social workers, and merchants.
4. Study the characteristic problems of the different type-of-farming areas in the State.
5. Budget time to see at least six leaders whom you have trained, present work to their local groups.
6. Spend 2 weeks each year studying conditions, visiting, or surveying some part of the State, especially in homes not touched by extension work.

Consider subject matter a means to an end, not an end in itself.

1. Determine goals in terms first of attitudes, practices and skills, and only later in terms of subject matter. Don't begin your plan with subject matter--for subject matter is only one of many tools that help farm families to progress toward their goals.
2. Select and organize subject matter to build attitudes and develop skills and practices, through meeting some actual situation or problem.
3. Determine and take into consideration the interests and needs of:
(1) Women in all stages of active homemaking; (2) younger homemakers with children; (3) older homemakers with no children at home.
4. Make generous use of standards and score cards to stimulate interest.

Develop constructive relations with county home demonstration agents.

1. Consider each agent as an individual and study what type of help will best contribute to her growth and understanding of the project. This is perhaps the truest measure of your efficiency as leader of the project.

2. Give fullest scope to initiative and originality of agent. Help her to study her county, to become conscious of problems, and to work them out.
3. Never come between the women and the agent or in any way diminish the agent's leadership or prestige. On the contrary, study how to build up the women's confidence in her and their appreciation of her work.

Contribute to growth of home demonstration agents by:

1. Office conferences on conditions, problems, goals and records, methods, illustrative material, and especially on long-time objectives, ways of measuring progress, and follow-up plans.
2. News letters on: Progress in projects, methods, illustrative material, recent subject matter.
3. Sample demonstrations to community groups.
4. Leader training: Don't do too much leader training. Discuss leader training technique with agents, illustrate by teaching some leader groups, and then let them do much of the training. Organize the subject matter unit so that they have a real share in the training.
5. Suggestive teaching outlines.
6. District or State training meetings for agents.
7. Consulting with agents: let them see that they can help the specialist shape her work to meet conditions.

Use exhibits to forward the project.

Take advantage of Farm and Home Week, State Fair, and Women's and 4-H camps, to set up exhibits showing possibilities of new work or progress in old work; or to point out problems and solutions.

Assume responsibility for subject matter and methods guidance in 4-H Club work as well as in adult work.

Develop an effective leader training technique, and show agents how to use it. See that standards are thoroughly taught.

Bring field problems suitable for studies and surveys to the attention of research workers at the institution.

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